

Pork Resources

Iowa Pork Producers Association

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Web Sites

www.iowapork.org --- General pork industry information.

www.porkandhealth.com --- Pork nutritional information.

www.otherwhitemeat.com --- Pork recipes and cookery information.

Fact Sheets

The Power of Pork for Healthy Eating ... Pork is an excellent source of lean protein. This fact sheet shares tasty ideas for preparing healthy meals.

The Lowdown on Lean Cuts & Pork Prep ... Preparing healthful meals start at the supermarket and end at the table. Check out these simple tips to help you make smart choices along the way.

Today's Lean Pork Compared to Lean Chicken ... Fresh pork has shaped up and slimmed down so much in recent years that pork tenderloin is just as lean as a skinless chicken breast. See how lean pork compares to lean chicken.

Slim Six Fact Card ... Fresh pork has shaped up and slimmed down so much in recent years that pork tenderloin is just as lean as a skinless chicken breast. The facts are on this card.

Recipe Brochures

The Skinny On Pork ... Six of your favorite pork cuts are now 16% lower in total fat and 27% lower in saturated fat -- but still just as delicious. This brochure provides cooking tips and nutrition information, plus 6 easy recipes.

Pork Kitchen Companion ... Your guide to shopping for and preparing pork

Healthy Helpings ... This collection of nutritious recipes features an array of good-for-you foods that are heart-healthy and delicious.

Lean Meals in Minutes ... Break from the routine with these seven lean meals you can make in minutes.

Enjoy Pork ... Fire up the grill and enjoy pork. Here are four easy pork barbecuing recipes.